



Wellness flash

RUTHERFORD COUNTY SMART STEPS WELLNESS PROGRAM

NOVEMBER 2014

INSIDE THIS ISSUE:

Label
Reading in a
Hurry 2

Master
Gardener
Certification 2

Community
Events 2

Free
LifeServices
Webinar 3

Staying
Healthy Tips 3

Say Yes to
You 3

**SMART STEPS
WELLNESS PROGRAM**

WEBSITE:
[rutherfordcountyttn.gov/
rm/wellness.htm](http://rutherfordcountyttn.gov/rm/wellness.htm)

MAINTAIN *Don't Gain* HOLIDAY CHALLENGE!

Each year the average American gains two to five pounds over the holidays. Smart Steps Wellness Program & MedPoint Health Clinics invite you to take charge of your weight this holiday season and participate in the 'Maintain Don't Gain Holiday Challenge!'

The Challenge:

Stay within one to two pounds of your starting weight from Thanksgiving time to the end of the holidays.

This 8 week program will help you fend off those unwanted holiday pounds with weekly challenges, email tips/resources for healthier eating and optional weigh-ins every two weeks to

help you stay on track during the program. Participants will be required to have their starting weight & ending weight checked at a MedPoint clinic. Those who stay within one to two pounds of their starting weight will be entered in a raffle drawing*.

**Raffle prize to be determined.*

Challenge Dates:

November 24, 2014 to
January 16, 2015.

How to Enroll: Email

lori.cook@takecarehealth.com

to enroll in the challenge and receive additional details regarding starting and ending weigh-ins.

**Hurry! Deadline to enroll
is November 24, 2014.**



October Zensey iPad Winner!

Complete Zensey health assessment by November 30 for a chance to win.

Congratulations to Diane Alexander, winner of an iPad Air (16 GB) for taking the Zensey health assessment!



Don't Forget! Rutherford County employees & their spouses who participate in the Rutherford County medical plan must both complete the Zensey health assessment by November 30, 2014 to avoid an annual increase

on your insurance premium. To get started log in to myCigna.com with your computer, smart phone or tablet. Zensey takes about ten minutes to complete. Zensey is completely private and confidential.

Questions?

Contact Rutherford County Risk Management at 898-7715.

Nutrition Facts

Serving Size 1 cup (30g)
Servings Per Container about 16

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	110	160
Calories from Fat	5	10
% Daily Value*		
Total Fat 0.5g	1%	2%
Saturated Fat 0g	0%	0%
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 220mg	9%	12%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 5g	20%	20%
Soluble Fiber less than 1g		
Insoluble Fiber 5g		
Sugars 5g		
Other Carbohydrate 14g		
Protein 3g		

Label Reading in a Hurry

Health News from the Rutherford County Health Department

How many times have you gone into the grocery store and ended up spending much more time than you wanted? Maybe you were looking for the best deals, or comparing foods to find the healthiest option. Most of us want to find healthy, low cost foods but time can definitely be a factor. Try these handy tips:

Use the food labels % Daily

Values: A quick scan of the % Daily Value can tell you a lot about a food in a short amount of time.

Consider that 5%=Low and 20%=High. If there are foods high in any nutrients you might be trying to limit (such as sodium, cholesterol, etc.), then you should consider it a "red light" food and put it back on the shelf. Foods with 5% or less of those same nutrients should be considered "green light" foods and could be incorporated into your regular rotation of shopping items. Everything else in between 5% & 20% should be considered "yellow light" foods and could be used in moderation.

Organize Your List: As you're making your grocery list, organize it according to department. That way you're not going back and forth through the aisle or missing that one item you have to make a trip back for. Check out this sample list at

www.choosemyplate.gov/budget/downloads/grocery_list_interactive.pdf

Happy Shopping!

Jennifer P. Smith, RD, CDE, LDN
Certified Diabetes Educator/Dietician

COMMUNITY EVENTS

NOVEMBER 7, 12PM-1PM

Focus: Diabetes

Free health & wellness informational seminar with Registered Dietician. TriStar StoneCrest Medical Center Smyrna, TN

Registration required.
Call (615) 220-9622

NOVEMBER 21, 9:30AM-2PM

Season of Wonders

Lane Agri Park Auditorium
315 John R. Rice Blvd.
Murfreesboro, TN

For more info, email:
pwhitak1@utk.edu

NOVEMBER 27, 8:00 AM

BoroDash, 4 mi walk/run
Race day registration is 6:30 am-7:30 am

To register visit:
<http://borodash.org/>

2015 Master Gardener Certification Class

Applications are now being accepted for the 2015 Master Gardener Volunteer Training Course. This 10-week program is designed to train dedicated individuals who desire to improve their horticultural skills and would like to help other do the same. Rutherford County Master Gardeners are volunteers trained by local Extension offices as part of the University of Tennessee Master Gardener program. All volunteers are trained with 40 hours of horticultural classes then return 40 hours of volunteer community service within the year of receiving their initial training. Master Gardeners who continue to participate in the program contribute at least 25 hours of service with a minimum of 8 continued education hours annually. State wide, there are over 2,000 active Master Gardeners in 46 counties, supporting the mission of Extension by participating in a

variety of projects and activities including: maintaining demonstration gardens at the Lane Agri-Park; hosting classes and seminars on the latest research-based horticultural methods; and participating in special community events such as their annual Plant & Seed Swap, Adventures Agriculture and the Secret Garden Tours.

The 2015 course will be held at the Lane Agri-Park Community Center on Tuesday evenings from 6pm-9pm. The series runs from January 20, 2015 through March 24, 2015. There will be 3 extended sessions: Saturday, February 7, 2015 from 9am-4pm; Tuesday, February 10 from 3pm-9pm; and Saturday, February 21, from 9am-4pm. Cost for the class is \$150.00 per person. If 2 people in the same household wish to share a book, the cost for the second participant is \$100.00.

To obtain an application or for more information contact the Rutherford County Extension

office at (615) 898-7710
located 315 John Rice Blvd.,
Suite 101 Murfreesboro, TN
Office hours: 7:00am-4:30pm

Email inquiry to:
mastergardeners.rc@gmail.com

Visit the Master Gardeners of Rutherford County website:
mastergardeners-rc.org



Master Gardener interns enjoy a day outdoors putting what they learn to good use building raised beds at the Lane Agri-Park demonstration garden.

Photo by: Rutherford County Master Gardeners

Eating Your Way to Wellness

A LifeServices EAP Webinar

Healthy eating isn't about strict diets or following the latest fad. A few small changes such as adding more fruits & vegetables, lowering sugar intake & controlling portion size can add up to a more energetic and healthful lifestyle for you and your family.

You'll learn to choose and prepare healthy foods, receive tips for eating healthily and find resources to make eating a healthy habit.

Webinar Date: November 18

Times: 11:00 AM & 1:00 PM
(60 minutes each session)

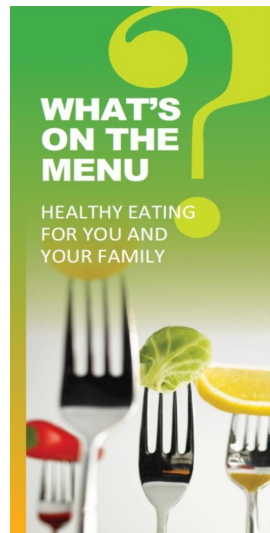
To register visit:

www.lifeserviceseap.com

Username: rutherford

Password: employee

*Early registration is recommended.
Space availability is on a first come,
first serve basis.*



Tips to Stay Healthy at Work & Home

You can protect yourself this cold and flu season by following these key action steps at work & home:

1. Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Wash hands after coughing, sneezing or blowing your nose.

2. Get vaccinated against seasonal flu. The flu vaccine

protects against the three viruses that research indicates will be most common.

3. Do not spread the flu! If you are sick with flu-like illness, stay home! CDC recommends that sick workers stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever reducing medicines.

4. Do not use co-workers phones, desks, offices, work tools or other equipment. If you need to use a co-worker's

phone, desk or anything else, clean it first.

5. Avoid touching your nose, mouth and eyes. Germs spread this way.

6. Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow/sleeve. Dispose of tissues in no-touch trash receptacles.

7. Above all, maintain a healthy lifestyle through rest, a healthy diet, exercise and relaxation.

Source: www.cdc.gov

People infected

with flu may be

able to infect

others beginning

1 day before

symptoms

develop and up to

5-7 days after

becoming sick.

Say "YES" to YOU

Do you say yes whenever someone asks for a favor? Saying no can be hard. Not to mention a little awkward.

Saying yes makes people happy, right? But it's not always good for you. Sometimes you need to say no to others so you can say yes to yourself! And yes to the things you need to do.

GOOD REASONS TO SAY NO

If you need some encouragement, here's a quick pep talk:

- Saying no isn't selfish
- Saying no allows you to devote more time to family and other obligations.
- Saying no give other people a chance to step up.
- Saying no can free you from unnecessary stress. And that's good for your health.

SAY NO LIKE A PRO

When you know it's time to draw the line , try these tips:

- **Be direct:** If your answer is no, don't substitute something wishy-washy like "I don't know" or "I'm not sure".
- **Be quick:** Avoid long and overly complicated explanations.
- **Be real:** Don't make up excuses to get out of something.
- **Be kind:** Recognize the good cause or meaningful work the person is doing.
- **Be consistent:** If the person asks again, don't be afraid to say no again.

Source: Cigna VitaMin October 2014